



The Guiding Star

H.J.B. Elementary Guidance and
Counseling Program Newsletter

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Learning to Mind their "Ps and Qs"

Sign up for a Guidance Group soon!

Small Guidance Groups continue with a second, six week round. Enrollment mid-October. Topics include

Girl Power for 4th and 5th grade girls who want to improve their friendship and leadership skills.

Brain Wise for 2-5th graders learning to regulate emotions for a "smarter happier you".

Care Bears and **Bear Cub Club** for students in 1st-3rd grades to learn empathy and friendship skills.

Changes for kids who are coping with big changes in their lives.

Kinder Pals for social skill building with Kindergarteners. *Parental permission is required for all groups.*

Kids in Guidance Classes this year are learning to mind their "Ps and Qs" more consciously by learning about how their brains work. Students in grades 2-5th are receiving lessons on how the mind can do its best to make good choices on tests and with peers. Lessons are coming out of the research based curriculum called "Mind Up" created by the Goldie Hawn Foundation. Out of these lessons, students will learn the names and general functions of three parts of the human brain; the prefrontal cortex, the amygdala, and the hippocampus. They are learning how to focus their attention mindfully, on subject matter and peer relationships. Strategies for how to listen and remember are presented and then practiced in group

activities. They are learning how emotions and negative memories in the amygdala and hippocampus can hijack the reasoning part of the brain or prefrontal cortex. And how to breath slowly and deeply to calm down emotions, clearing the mind for reasonable thinking.

One student said "learning about my brain helps me think smarter and be happier!" A new student to HJB said "They never taught about our brains at my old school!"

Parents might enjoy reading **10 Mindful Minutes** by Goldie Hawn to continue with this education. It is an "easy read" as Goldie gives helpful parenting tips with humorous antidotes about her own kids!

First Graders are learning emotional expression with Pickle Pal puppet and will make a "pickle stick" to take home and practice receptive vocabulary with their parents. A letter is sent home at the end of the lessons with an explanation.

Kindergarteners are learning about the difference between playing at home and sharing and taking turns at school. They are also learning the important social skill of how to make an introduction.

Lessons on the brain will be extended to First and Second graders this coming Spring.

Too Good For Violence is still the main curriculum used at all grade levels.

Red Ribbon Week October 23-31, 2013

We will again have many fun activities planned for the students during Red Ribbon Week. Red Ribbon Week celebrates our nation's commitment to do away with alcohol and drug abuse. While we do not go into detail about drug use with little children, we do have them hear the message to never ingest anything that is not good for their bodies. Kids will be treated to puppet shows from the Warren Coalition's Youth in Action high schoolers. And Balloon Stomping in 4th-5th grades.

On October 17th the Warren Coalition will sponsor an anti-heroin event at the Bing Crosby Stadium starting at 6:30 pm called "Above the Influence". Take a stand against the encroaching drug dealers and say "Not Here In Warren County!" There will be free games for the young children and live entertainment from Warren County youth. "If adults aren't willing to take a stand and be above the influence, how can we expect it of our young people!" Please attend one and all.